

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #56

"Members provide mentorship for new members and working together makes us stronger"



Culinary

Mike P and Mike S and Cheryl cooking up lunch for clubhouse and New Staff Hire Training.



Mothers Day Testimonials

I'm a mother for my three cats and I feed them breakfast, snack and they eat dry food all day. I gave them fresh water everyday and I play with them and when I go to bed and I close my door and I hear two cats goes brrr and they push the door open with there front paws. And some times all of them sleep

With me on my bed at night. And my cat sleeps on my stomach curl up in a ball. I'm so lucky to have the three boys at my house. And I'm glad that they help with my stress and stuff. I'm so lucky to have a special mon in the world and she is happy that I'm her special daughter, and I wish I could see her more after the cov-d. I love my mom and misses my mom so, so, much will be in my heart and soul forever & ever
Happy Mother's Day Mon! I love & miss you very much. Patty M

I'm so blest I'm so blest to have mother like you. You are always around when I'm in need of someone to talk to. You have a loving spirit that touches my heart. You always seem to listen, when I'm sometimes torn apart.

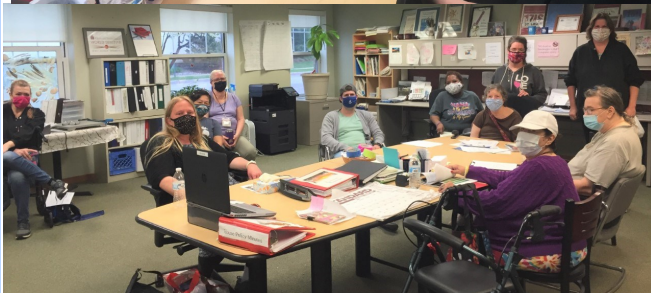
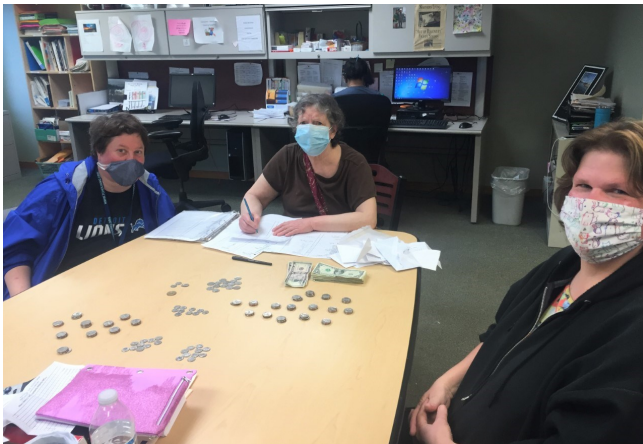
Chris Greilick

To my mom. I have a very sweet mon. I enjoyed walking in the woods, the beach, going to the library with my mon.

Katherine P.

Clerical Unit

Money Count Kathrine, Edie S and Patty M (top) & Unit Meeting and with virtual training. (bottom)



Kudos!

We want to give a big shout out to Andrew K. who came in this week & cleaned up around the outside of our clubhouse. Over the winter being downtown we get some trash, cigarette butts, & cans, in our bushes and flower beds. They look really look nice and read for spring flowers.

Thank so much Andrew for your help and hard work.



Director Corner or House Policy

What a wonderful, productive, busy week! We had all staff and 10 members on each shift daily beginning on Monday. We also had a house policy meeting on Thursday and consensus decisions are as follows:

- We will register for the Alliance House employment track training in July.
- We are going to continue producing a weekly newsletter.
- We will allow friends and family to join our Memorial Day picnic (please call Clubhouse if you have questions or would like to sign up).
- We are encouraging all members to sign up for a maximum of 3 morning shifts each week. If you would like to come more than 3 shifts- members are encouraged to sign up for the afternoon time slots. We want to encourage all members to rejoin our space and on-site work ordered day!



May birthdays

8th - Darcy H
11 Sonny B

Quote from Connie L.

The Soul is stronger than its surroundings.
~ William James

Cinco de Mayo Facts

The anniversary of the Battle of Puebla was declared a national holiday referred to as “Battle of Puebla Day” or “Battle of Cinco de Mayo” by President Benito Juárez on May 9, 1862. However, it's no longer considered a national holiday in Mexico.

The day actually celebrates a single battle — the Mexican army's 1862 victory over France at the Battle of Puebla. The colonizing French were lead by Napoleon III. While the United States was preoccupied with the Civil War, the Emperor thought it was a good time to establish a French outpost in the Americas as a replacement for the French-controlled land lost during the Louisiana purchase.

The battle's victory came to represent a symbolic victory for the Mexican government. Today, it's also widely accepted as a moment to celebrate Mexican culture and heritage. *-GOOD HOUSE-KEEPING.*

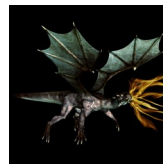
Trivia by Kathy P



Cinco de Mayo celebrates

False It celebrates The Battle of Puebla day.

Jokes by Eric B.



The knight was fighting with the dragon and the dragon got all fired up.

Daily Remote Unit Meeting

Monday-Friday at 9:30 & 1pm
Conference Call number:
1-312-626-6799

Meeting ID: 739 167 9722# #

*Same number for Jeopardy

Zoom meeting number:

Meeting ID: 739 167 9722

****Facebook Password Changed****

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

CMH Crisis Line:

1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or

1-800-273-TALK+

May Mental Health Month

Comic submitted by Betsy Z



May Mental Health Month Virtual Series

Register to join us each day at 1:30pm for an hour wellness session featuring the MyStrength App.

Thursday May 13th Virtual session: we're talking about how to build a culture of gentleness. Feeling valued, respected and safe are pillars of support you will learn.

Thursday May 20th Virtual session: How to handle a difficult situation with de-escalation techniques. Learn about active listening for a positive outcome.

Everyone invited! Every Thursday in May, we will host a one-hour virtual program on a topic on good mental health and featuring the myStrength health and wellness app that Northern Lakes provides to the community as a free benefit to all.

After registering at <https://www.northernlakescmh.org/>, under the News tab you will receive a confirmation email about joining the meeting.

If you have questions regarding these sessions, contact Cynthia Petersen at cindy.petersen@nlcmh.org or by calling 231-935-3099



Recipe Of The Week

Blueberry Bread by Julie Foerster

- 1 1/2 cups all-purpose flour
- 1/2 cup granulated sugar or
- **Increase Sugar to 3/4 sweeter taste**
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 large egg
- 1/2 tsp vanilla extract
- 1 1/2 cups blueberries
- 1 Tbsp sugar



INSTRUCTIONS

Preheat oven to 350° F (175° C). Grease and flour an 8 1/2 x 4 1/2-inch loaf pan.

Mix flour, sugar, baking powder, and salt in a large bowl. Stir milk, oil, egg, and vanilla extract into flour mixture until batter is just blended.

Combine washed and dried blueberries with 1 tsp of flour and gently fold them into the batter. Pour batter into prepared loaf pan. Sprinkle one tablespoon of sugar over the batter.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 60 to 70 minutes. Let cool in the pan for 15 minutes, then transfer to a cooling rack and let cool completely.

<https://platedcravings.com/blueberry-bread/#wprm-recipe-container-7089>